



# 4-H Newsletter

October 2012

## SEMINOLE COUNTY

4-H is a community of young people across America who are learning leadership, citizenship and life skills.



### FROM THE AGENTS:

Can you believe that Fall is already here!

We hope that during the month of October, you will take the time to promote 4-H to your school mates and friends. During the month of October, 4-H will celebrate it's National Week. See the article to the right for more information.

As it is only the 2nd month of the 4-H year, hopefully by now you have started setting goals for your 4-H project. In each of your projects, you should set at least 2 goals to complete by the end of the project.

Once we start to see that fall weather stick around, you should all take some time and reconnect with nature!

### HAPPY FALL

*Shane Michael*

*Bridget McInerney*

**4-H AGENTS—SEMINOLE COUNTY**



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# NATIONAL OCTOBER 7-13, 2012 4-H WEEK

October 7-3, 2012 is National 4-H Week, and Seminole County is celebrating the 4-H youth who have made an impact on the community, and are stepping up to the challenges of a complex and changing world.

Did you know that recent findings from Tufts University's *4-H Study of Positive Youth Development* indicate that young people in 4-H are three times more likely to contribute to their communities than youth not participating in 4-H. Notably, the Tufts research discovered that the structured learning, encouragement and adult mentoring that 4-H'ers receive play a vital role in helping them actively contribute to their communities. In Seminole County, more than 350 4-H members and 100 volunteers are involved in 4-H.

This year National 4-H along with the Florida and Seminole County 4-H are encouraging 4-H members to join "The Revolution of Responsibility". This can be done by working within your club to complete a community service project during National 4-H Week.

After your club has completed the project be sure to send a short summary about the community service project and we will share all the stories.

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**JOIN** | THE REVOLUTION  
OF RESPONSIBILITY 



## Volunteer Appreciation Luncheon

Last year Seminole County 4-H was supported by countless volunteers giving over 10,000 volunteer hours, as well as providing over \$6,400 in sponsorships, donations, and fundraising. With out the continued support of these volunteers and supporters, Seminole County 4-H would not be able to offer all the great programming and opportunities each year. For these reasons (and so many more),

Seminole County 4-H offers an Appreciation Luncheon. While a free lunch is not enough for all the great support, it is still appreciated.

So where do you all of you 4-Her's come in? We are in need of you to help with this event. There are many jobs that need to be filled including, greeters, servers, cooks, dish washer (my favorite), set up crew, and clean up crew.

**Who:** All 4-Hers who would like to say thanks to all of the supporters and volunteers

**When:** Set-up Thursday October 18, 2012 and/or Event on Friday October 19, 2012

**How:** To sign up call the 4-H office, send Mr. Shane or Ms. Bridgete an e mail, or attend the County Council Meeting on Tuesday October 16.

### What's going on this fall ya'll?

#### 4-H Cookie Science Lab

Who knew science could be fun and tasty too? Youth 8 to 18 will have the opportunity to learn about the science of baking and enjoy creating three different types of homemade cookies. This workshop is a great introduction to baking and measurement.

Pre-Registration is required and cost is \$5.00. Please RSVP to Bridgete, 407-665-5557.

Seminole County 4-H Office  
Friday, November 9th, 2012  
5:30pm-7:30pm

#### 4-H Teens in Action Club

Looking for volunteer opportunities? Do you like to work with children 5 to 12 years of age?

4-H Teens in Action is a leadership development program to help teens learn about planning, organization, child development and of course leadership skills!

For more information and meeting dates/times please call Bridgete at 407-665-5557.

### Fresh from Florida Facts to keep your family healthy!

The following produce is now in season. When you purchase produce that is in season you generally will pay less at the grocery store or farmers market.

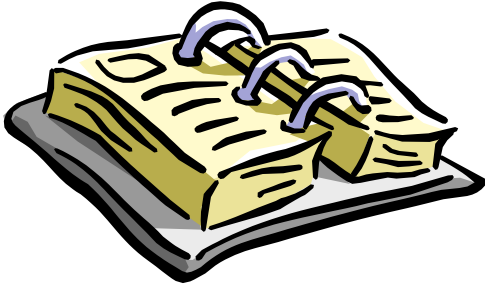
- Eggplant
- Grapes
- Grapefruit
- Onion
- Mushroom
- Papaya
- Snap Beans
- Squash
- Sweet Corn

<http://florida-agriculture.com/consumers/crops/inseason/>

# 4-H Family Corner

Is your child overscheduled?  
Activities everyday of the week  
and on weekend? Check out the  
link below about how to avoid  
over scheduling your child's time.

<http://edis.ifas.ufl.edu/fy1053>



## Hoof Beats

**2012-2013 Horse Enrollment Forms:** As a reminder each year, Florida 4-H requires all project horses to be enrolled through the 4-H Office. Just as in the previous years, you will receive an enrollment packet from your club leader later this month. All horse enrollment packets will be due on

**WEDNESDAY  
DECEMBER  
26, 2012 by 5  
PM.**

**NO EXCEP-  
TIONS!**



**Attention Parents: Have  
any children planning for  
college in the next year?  
Seminole County 4-H has  
several new resource  
guides and books that can  
be checked out for up to a  
week.**

**Email Bridgete at  
bmckenna@seminolecountyfl.gov  
if interested.**

## Resources Available-

**Countdown to College: 21  
To-do Lists for HS**

**The College Solution**

**Book of Majors**

**Money Management for  
College Students**

## Mosquitoes

**Shane Michael, 4-H Extension Agent**

If you have been outside lately between the hours of dusk and dawn, you have probably encountered the mosquito. These little biting insects seem to be an everyday occurrence in Florida. With our warm tropical climate and at times our seemingly endless supply of rain and standing water, it is no wonder mosquitoes thrive in our own backyards. In order to reproduce the mosquito must lay her eggs in a wet environment. Standing water puddles, bird baths, buckets of water, etc are all ideal nesting areas for mosquitoes. In addition, the female mosquito needs a source of protein in the form of blood. So in the right conditions, standing water and readily available blood meals, mosquitoes can reproduce in as little as two weeks. In addition, did you know that the mosquito carries more of a threat than an itchy bite? Mosquitoes are the carrier and spreader of many diseases that affect not only human but animals as well. Such diseases include, the West Nile Virus, Encephalitis (including Eastern, Western, and Venezuelan), and heart worms to name a few. After feeding on an affected animal, the female mosquito will spread the disease the next time she feeds on a healthy animal. In fact, only the female mosquito feeds on blood, the male feeds exclusively on nectar.

Ways to protect yourself and your animals:

- Get rid of any stagnant water (water that does not flow) – dump out bird feeders, buckets, water troughs weekly
- Keep lawn and pastures mowed
- Use repellents when outside at night
- Vaccinate your animals regularly

For more information check out these resources:

<http://mosquito.ifas.ufl.edu/>  
<http://www.pestworldforkids.org/mosquitoes.html>

## ***4-H: Eat 4 Health Program***

**Seminole County 4-H Members Elissa Roman, Anastasia McTague and Aislynn Weichman attended the 4-H Eat 4 Health Program at Camp Ocala on Sept, 22nd, 2012. They were accompanied by 4-H parent and volunteer, Mrs. Noreen McTague. The 1 day training was to motivate and train 4-H'ers on sharing how to eat healthy and be active with other members and youth in the community. Please read about their experience and look for more to come this fall.**

**-Ms. Bridgete,  
4-H Agent**

**At the Teen Health Ambassador training, we learned more about health and nutrition and how to teach younger children. I also got to meet the other Teen Health Ambassadors in my county. We did some fun hands-on activities from some of the different lessons, like making 'Blubber Burgers,' and learning how to figure out how much sugar is in a drink. We also learned a tasty recipe for a 'No-Cook Chicken Salad' that uses all of the food groups. After doing this training, I feel more excited and confident about teaching other youth about health.**

**Submitted by  
Anastasia McTague  
Club: 4-H Teens in Action**

**The Teen Health Ambassador Training workshop teaches teens, how to teach children from ages 8-18 to eat healthier in their life styles. The teens that represent their county learned what they need to accomplish this task and how to teach this to children at their own age level. In January, we will go back to Camp Ocala to demonstrate what we have learned from them, what we have done to show children to eat healthier, and our goals we accomplished over the last 4 months. What I have learned from this workshop, is how to promote healthier and better choices for food options. For example "Instead of eating french fries, you can have them baked, instead of fried, or you can have a fruit for your snack". I also learned how to make this nutrition class to be fun for the children as they learn how important it is to eat healthier. I can't wait to teach everything that I have learned for this workshop to other youth in my community, and in my 4-H club.**

**Submitted by  
Elissa Roman  
Club: Crusaders 4-H**





## **Don't Forget to Enroll or Re-enroll for the 2012-2013 4-H Year**

**Enroll now for the 2012-2013 4-H Year! Please logon to [4-H online](#) and re-enroll for the new year so you can remain an active member. Email [smichael@seminolecountyfl.gov](mailto:smichael@seminolecountyfl.gov) if you need to have your password reset. Club leaders please check your mail boxes soon for charter packets. Remember that all of your club members need an enrollment and participation form to participate in a 4-H Club. Be sure to check out the 4-H website for more information on enrollment including links to the enrollment forms, Florida 4-H Participation Forms, Volunteer applications, a link to the Florida 4-H online Enrollment System, and instructions for printing out the Florida 4-H Participation Form.**

## **CALENDAR OF UPCOMING EVENTS**

### **October**

- 6 Club Officer Training – Presented by District VIII Officers – 9:00 AM Orange County
- 7-13 National 4-H Week – promote 4-H to your friends
- 8 Clover Kids 5:30-7:00PM
- 8 Teen Club 7:00 PM
- 15 Horse Leader's Meeting – 6:30 PM
- 16 County Council Meeting 6:15 PM
- 18 Set-up for Volunteer Appreciation Thank You Luncheon—5:30 PM
- 19 Volunteer Appreciation Thank You Luncheon
- 29 Clover Kids 5:30 – 7:00 PM



### **November**

- 2-4 National Horse Competitive Events, Louisville, KY
- 8 County Council Meeting – 6:15 PM
- 9 Cookie Science Workshop 5:30—7:30 PM
- 12 Office Closed—Veterans Day
- 13 4-H Association Meeting 6:30 PM
- 15 Share the FUN – 6:30 PM
- 19 Horse Leader's Meeting – 6:30 PM
- 22-23 Office Closed – Thanksgiving Holiday
- 26 Clover Kids 5:30 – 7:00 PM
- 27 District Council Meeting – 6:00 PM – Orange Co.
- 29 New Horse Parent's Meeting 6:30 PM



### **December**

- 1 State 4-H Marine Events Contest—Osceola Co.
- 7-9 2nd Executive Board—Closed to Exec Board Members only
- 8 Christmas Village Community Service Project
- 8 4-H Horse Judging School—Gainesville
- 11 County Council Meeting—6:15 PM
- 15 Holiday Crafts Workshop 10—Noon
- 24-25 Office Closed